

THE

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 Air Force Outstanding Unit
2009 Distinguished Flying Unit



COYOTE LOG

190th CE continues to support Haiti relief operations

by Tech Sgt. Emily Alley, 190th Public Affairs

The bright clothing, smiles and conversation could be taking place in any hospital lobby in the world. Patients are being admitted, treated and released. But a flurry of French and the grinding of a helicopter nearby betray the reality - this is Haiti.

A brutal sun burns over the tent, while the floor is dust and rock. These patients are earthquake survivors who have just been flown from the USNS Comfort, the Navy's 1000-bed floating hospital that has been deployed to Haiti. A handful of Navy translators are helping them to find rides back to their families.

The Comfort is working at its full operational capacity for the first time in its service, and it would take a hundred more ships to treat all the estimated wounded in Haiti.

To help relieve the stress and suffering, Civil Engineers from the Kansas Air National Guard are working to expand one of the medical triage facilities in Port-au-Prince by assembling an Expeditionary Medical Support (EMEDS) hospital.

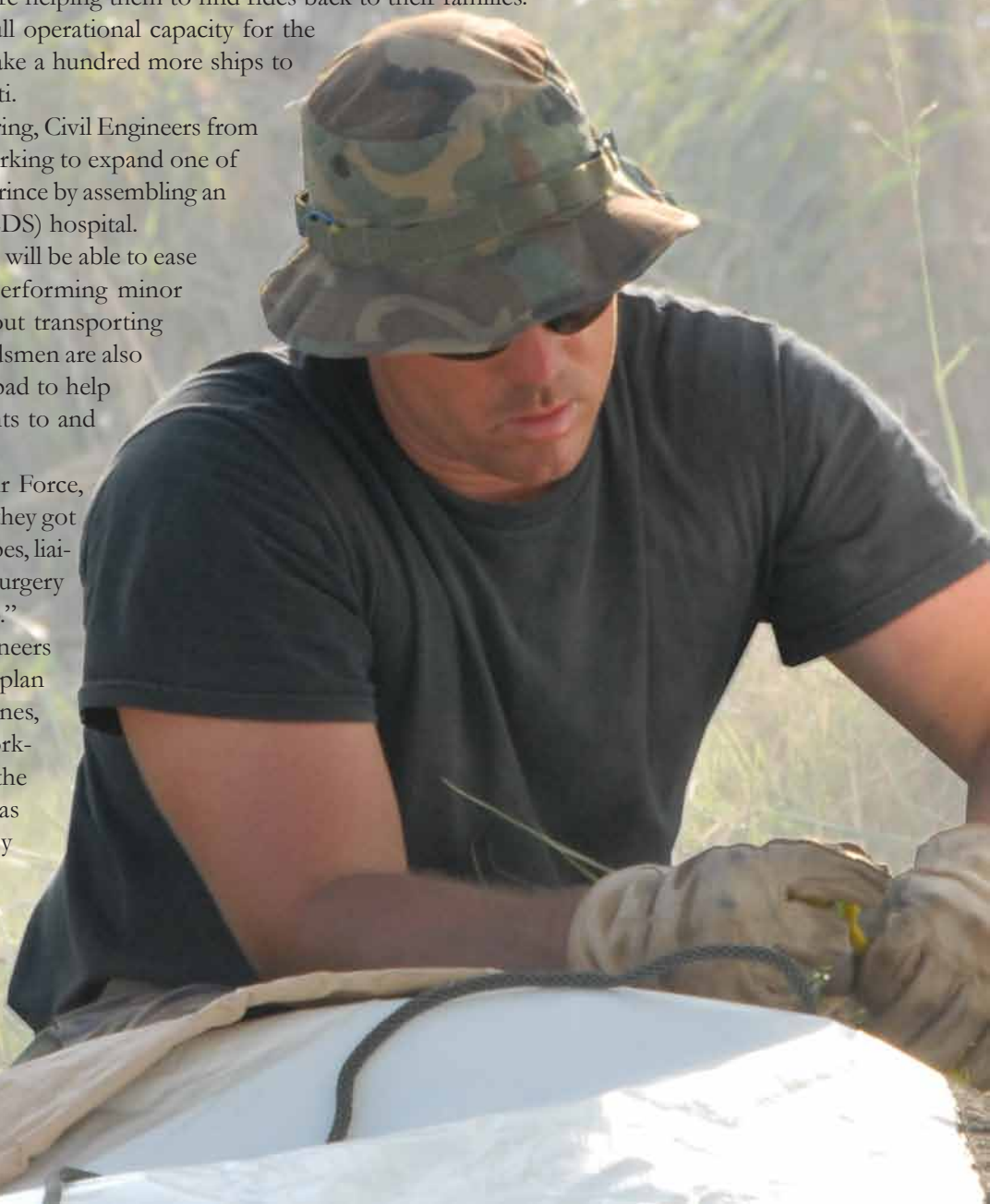
With the EMEDS in place, medics will be able to ease the pressure from the Comfort by performing minor surgery and 24 hour operations without transporting patients to the Comfort. But the Guardsmen are also are also building a helicopter landing pad to help transport more severely injured patients to and from the ship.

"I will take my hat off to the Air Force, who has done a great job since the day they got here," said Lt. Commander Robert Propes, liaison for the Comfort. "If there's minor surgery they can get it here instead of the ship."

By the end of January, the engineers had set up air conditioned tents and plan to eventually provide showers and latrines, which have been a luxury for relief workers. There is an informal consensus at the Port-au-Prince airport that the Kansas Air National Guardsmen are already heroes for bringing those facilities.

The civil engineers could complain about the cramped living quarters, lack of showers and long workdays. They taste the dust, they wear the sun - everyone has some severity

see "Haitian relief" page 5



Simple tools for making life easier

By 2nd Lt. Meghan Stockman

127th Weather Flight



As traditional guardsmen and women, we are tasked with balancing civilian jobs, schools and lives with military responsibilities. These responsibilities do not end at close of business Sunday of each UTA.

Finding motivation to give up a weekend or study CDC's after a long week of studying for college courses is not easy. After college, the obstacles may be more diverse (kids, spouses, full time jobs, etc.) but they are equally as demanding.

It is often the issues which can be easily solved that plague the military. Some of the most common disciplinary issues concerning members are chronic tardiness, failure to be prepared to test for CDC's, and falling behind on duties. None of these will end with a jail sentence but the consequences to reputation for the member and the unit as a whole can be irreversible.

I have found that a few simple practices can be lifesavers when juggling the two worlds. 1.) Keep a calendar and a schedule - these are two different things; 2.) Plan to be early; and 3.) Talk to the

people in your life!

Keeping a calendar is essential with UTA weekends, Annual Training and any other schools or deployments that arise during a military career. The ability to quickly glance at a consistent location to remind yourself of what is coming up can reduce stress and allow you to create a schedule around it.

There is nothing worse than realizing last minute that you have a test at school or a big project due at work immediately following a guard weekend. A schedule is helpful when getting into more detail about the actual tasks that need to be completed. For example, I liked to do my CDC studying in one chunk of time each week rather than mixing it into my weekly studies at school.

Find a schedule that works for you and stick to it. Keeping it consistent will help you stay on task and avoid additional stress when testing time rolls around.

Plan to always arrive at least 20 minutes before your scheduled time. This allows time for extra trips back into the house for forgotten items, or unexpected traffic problems, etc.

It may not seem like a big deal to be a few minutes late here and there. The fact is it is not about the five minutes. It is about trust. It is about showing the members of your unit, and everyone that your unit supports, that you are there and ready to serve.

In the Weather Flight we are responsible for briefing Army pilots before their missions. This information can mean the difference between whether troops are retrieved from the field or left there to survive the night on their own. The pilots must trust us to be focused and dedicated. If we cannot even make it to work on time, how can they trust that we will care enough to put forward the effort necessary to keep them safe and their missions running smoothly?

Finally, talk to the people in your life! Invite civilian employers to visit your unit. Show them how important this part of your life is to you and the people you sup-

port. Allowing them to feel like they are a part of the effort can build a better working relationship.

Talk to your commander if you are having trouble balancing the workload. There is always a way to make it work but they have to be aware that there is a problem. And always keep your family involved. This job is just as stressful to them and having an open line of communication can help them feel secure that they will always be a top priority.

All of these practices act as pre-emptive strikes against issues that add stress and complication to an already busy life. Taking a proactive approach will make the task of taking on two careers, two schools, and two families that much easier to accomplish.

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On the cover:

Senior Airman Christopher Berroth secures the lining of an Expeditionary Medical Support (EMEDS) support hospital in Port-au-Prince, Haiti.

(photo by Tech. Sgt. Emily Alley)

(photo illustration by Staff Sgt. Jake Meyer)

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190 ARW Officer Vacancy

The 190th Security Forces Squadron has a traditional Security Forces Officer vacancy. If you are interested, submit your package to the Force Support Squadron by close of business on May 2, 2010. The position is open to Captain and below, including enlisted members willing to become commissioned.

Officer Package consists of:

- Resume
- College transcripts (4-year degree)
- 3 letters of character reference
- AFOQT scores
- Record review rip
- DD 214 or NGB 22 (if prior service)

Distracted driving: A dangerous deed

By Lt. Col. J. Eric Kerns

190th Chief of Safety

Driver distractions present a serious and potentially deadly danger. In 2008, 5,870 people lost their lives and an estimated 515,000 people were injured in police-reported crashes in which at least one form of driver distraction was reported. In fact, 80 percent of all crashes and 65 percent of near crashes involve some type of distraction. (Source: Virginia Tech 100-car study for NHTSA)

There are three main types of distraction:

--Visual - Taking your eyes off the road;

--Manual - Taking your hands off the wheel; and

--Cognitive - Taking your mind off what you're doing.

While all distractions can endanger drivers' safety, texting is the most alarming because it involves all three types of distraction. But other distracting activities include: using a cell phone; eating and drinking; talking to passengers; grooming; reading, including maps; using a PDA or navigation system; watching a video; or changing the radio station, CD, or mp3 player.

Research on distracted driving reveals

some surprising facts. A University of Utah study found that using a cell phone while driving, whether it's hand-held or hands-free, delays a driver's reactions as much as having a blood alcohol concentration at the legal limit of .08 percent. Driving while using a cell phone also reduces the amount of brain activity associated with driving by 37 percent, according to Carnegie Mellon. Another study found that drivers who use hand-held devices are four times as likely to get into crashes serious enough to injure themselves.

What this means to you as a member of the 190th Air Refueling Wing:

--Executive Order 13513 of October 1, 2009, Sec. 2. Federal employees shall not engage in text messaging (a) when driving GOV, or when driving POV while on official Government business, or (b) when using electronic equipment supplied by the government while driving.

--TAG Policy Letter #17, Cellular Phone Use While Driving In Performance of Duty. While driving in the performance of duty, employees/Guard members will not, under any circumstance, place themselves or others at risk to fulfill business needs of the agency by using hand-held cellular phone (personal or agency issued), Blackberry or other

communications device.

The policy letter also states that while driving any type of government-owned vehicle, to include tactical vehicles, use of a hand-held cellular phone (personal or agency issued), Blackberry or other communications device, is prohibited. If the device is hands-free, then employees/Guard members will be required to quickly respond to incoming calls with a short response advising that the call will be continued once the driver can safely stop and park the vehicle. Drivers will not use agency-provided hands-free equipment to initiate calls while driving.

Violation of this policy may result in disciplinary and/or adverse action, in accordance with appropriate guidance, which may result in termination.

Remember AGR personnel that you are on duty seven days a week, 24 hours a day.

Technology is a wonderful thing, but like all new things we must adapt our habit patterns to accommodate them. Each and every member of the 190th ARW is part of the Coyote team, and we all suffer with the injury or loss of a member. The safety of each and every Coyote member, as well as your family's safety and well-being, cannot be understated.

Tricare for grey area reservists on its way

From the Tricare Press Room

A new program will offer "gray area" reservists the opportunity to purchase Tricare health care coverage.

While qualified members of the Selected Reserve may purchase premium-based coverage under Tricare Reserve Select, retired National Guard and Reserve personnel did not have Tricare health coverage options until age 60. Under a provision of the National Defense Authorization Act for 2010, that's all changed.

The new provision will allow certain members of the retired reserve not yet age 60 ("gray-area" retirees), to purchase Tricare Standard (and Extra) coverage. Tricare Extra simply means beneficiaries have lower out-of-pocket costs if they use a network provider.

"We're working hard to coordinate all the details of eligibility, coverage and costs, and expedite implementation of

this important program," said Rear Adm. Christine Hunter, deputy director of the Tricare Management Activity. "It will require detailed design, development and testing, but qualified retired reservists should be able to purchase coverage by late summer or early fall of 2010."

While the health care benefit provided for gray-area retirees will be Tricare Standard and Extra - similar to TRS - the new program will differ from TRS in its qualifications, premiums, copayment rates and catastrophic cap requirements. The program is tentatively called Tricare Retired Reserve.

The new program offers an important health coverage option for Reserve and National Guard members who served their country honorably before hanging up their uniforms at retirement, said Hunter.

For more information about Tricare benefits, go to <http://www.tricare.mil>.

—190th Airman honor guard at Gates event

By Tech. Sgt. Angela Brees
190th Public Affairs

Representing the Air Force in a ceremony honoring Defense Secretary Robert Gates is pretty cool, huh? That's what 190th Force Support Squadron member Airman 1st Class Joshua Epperly thought, too, when he found out he was doing just that as part of the event's honor guard.

At the 92nd annual banquet of the Native Sons and Daughters of Kansas in Topeka, Kan. on Jan. 29, Gates was honored as Kansan of the Year. Gates grew up in Wichita before leaving for college in Virginia at age 17.

"When Chief [Master Sgt. Ivan] Perez asked me if I wanted to participate in an honor guard event, he didn't mention it was for Gate's ceremony," Epperly said. "I didn't know until I showed for practice, and I was like 'wow.'"

Dental tidbits by Dr. Robert Hof

Why do some people have to take antibiotics before their dental appointments?

Individuals who have a history of having or had Rheumatic Fever or a heart murmur or a heart valve replaced are usually asked to take an antibiotic before they have their teeth cleaned or have a dental appointment that may cause bleeding of the gum tissue.

By taking the antibiotic, the patient is guarding against a serious illness called bacterial endocarditis. When gum tissues are manipulated during the dental appointment, bacteria can enter the blood system and in susceptible individuals cause damage to the heart valves and lining of the heart.

If you think you may have had Rheumatic Fever or a heart murmur, let your dentist know before any dental treatment is done.

The Adjutant General's Ceremonial Platoon was asked to provide the honor guard for the event. However, the platoon is only comprised of Army and Air National Guard members, and the organizers of the event wanted a representative from all five military branches.

After a few phone calls, a member of the Coast Guard, Marines and the Navy joined the Guardsmen to fill out the honor guard. However, they were not used to working together and had very little time to practice before the event. However, the event went off without a hitch as the honor guard posted and retrieved the colors before and after the awards ceremony. Epperly even received a Secretary of Defense coin from Gates.

"Listening to him talk, seeing him become emotional – it was pretty interesting," he said. "You don't hear much about people from Kansas, but someone from here got out and did something. It put a spark in the tank so to speak. If he can do it, I can, too."



Airman First Class Joshua Epperly (right) retrieves the Air Force flag following the Kansan of the Year award ceremony honoring Secretary of Defense Robert Gates.

(photo by Maj. Mike Wallace)

Come and help celebrate our 30th anniversary at the 2010 Annual PACK meeting, which will be held April 16 at the Kansas Historical Museum located at 6425 SW 6th Street. The banquet and entertainment will be April 17 in Salon B at the Topeka Holiday Inn.

This organization is, as its name implies (Past & Active Coyotes of Kansas), a group of men and women associated with the 190th. We invite anyone who is connected with the 190th to come and join in the fun.

Membership cost for PACK is \$3.00 per year. The membership dues are included in the cost for those who attend the weekend activities.

The weekend's activities include a Friday night mixer and a Saturday night banquet, which includes a lot of door

and raffle prizes. Last year, the total door and raffle prizes totaled more than \$1,000.

For information about PACK or to be placed on the mailing list, please contact Senior Master Sgt. Wendy Davis at 785-861-4212, or Sharon Schroeder at 785-862-0289.



	Single	Couple
Entire weekend	\$35.00	\$60.00
Friday night only	\$20.00	\$25.00
Saturday night only	\$30.00	\$50.00

Engineers draw on Greensburg experience in Haiti —

By Tech. Sgt. Emily Alley
190th Public Affairs

After a hot, dusty day of clearing debris, building tents and doing jobs they've trained for years to perform, civil engineers from the 190th ARW stopped for dinner with other members of the 24th Expeditionary Civil Engineering Squadron. Lt. Col. Mark Green, commander of the civil engineers in Kansas as well as the 121-person squadron in Haiti, joined his Airmen.

The civil engineers hadn't had a day off since they arrived in Haiti. Their weariness was apparent, even under a stunning blood-red sunset. They pulled apart their MREs.

Green paused and said slowly, "It's been continuous, one long day since we've gotten here."

Their accomplishments in Haiti are not unfamiliar. After the town of Greensburg was flattened by a tornado a few years ago, Kansas guardsmen were there, with a humanitarian mission, to clear the roads and set up Expeditionary

Medical Support (EMEDS).

"Having set up EMEDS in Greensburg, we hit the ground in Haiti better prepared," said Master Sgt. Casey Batterton, who is a structures supervisor from the 190th ARW who served in both locations.

"We did mock set ups, a lot of training, but Greensburg was the first real world situation for us to use EMEDS," recalled Master Sgt. Brian Wohletz from the 190th ARW.

Now, the current mission for the 190th ARW is also humanitarian. Wohletz described the perspective he's gained from helping in both the United States and Haiti, "I feel fortunate to have a part in helping people who need it."

Construction has several elements-heavy equipment, power production, and many others - and it takes planning to coordinate all of those specialties. Greensburg also gave the civil engineers a realistic expectation of how quickly they could begin operations in Haiti. The medical team who took over EMEDS

spent two days setting up one tent before CE arrived. The Kansas Guardsmen set up a functional EMEDS in a matter of hours.

The team was more thoroughly self-sufficient in Haiti. They had to provide their own power, their own water. There was no home improvement store they could drive to if they forgot supplies.

Master Sgt. Carren Christianson, from the 190th ARW, described building EMEDS in Haiti. As her team had finished, the medical commander approached them and declared, "Do you realize what you've just done? You've built a hospital."

Green is proud of the adaptability of his Airmen, "They've learned how to better evolve into a productive team," he said. "It's rewarding to me, as a commander, to see how well they respond. We've proven we're not only valuable for domestic response, but also international."

CE supports Haitian relief - Cont. from page 1

of sunburn. But it's hard to complain when only a few feet from their camp is the city of Port-au-Prince, where earthquake survivors live in similar conditions. At least the Guardsmen know they have a home to go back to.

There are 40 members of the 190th Civil Engineering Squadron from Topeka and five members of the 184th Civil Engineering Squadron from Wichita deployed to build infrastructure for sustained operations in Haiti. Many of the Guardsmen were training at Guantanamo Bay, Cuba, when the earthquake struck and deployed to Haiti approximately two weeks later. The deployment, originally

scheduled to last for four months, ended with the return of the squadron on Feb. 12, 2010.



Senior Airman Mike Strobel (left), Chief Master Sgt. Scott Humphrey (center) and Lt. Col. Mark Green clear an area to construct an EMEDS hospital in Haiti.

(photo by Tech. Sgt. Emily Alley)

From the Shirt



Have you ever seen any of the late night shows where they have a top ten list? Well, this is the First Sergeant's top ten dress and appearance violations list! The top-10 violations are:

10. Jewelry and nail polish
9. Cell phones and pagers
8. Attaché cases, gym bags, and back packs
7. Mess dress and semi-formal uniform
6. Footwear
5. ABU/BDU's and undergarments
4. Outer garments
3. Glasses and sunglasses
2. Headgear
1. Hair length and sideburns

Don't make a 10 ten dress and appearance violation! Always refer to AFI 36-2903, Dress and Personal Appearance of Air Force Personnel if you have questions about your uniform or appearance.

—Portrait of an Airman

Senior Airman Jarod Creed



Organization: 190th Maintenance Squadron

Job Title: Aerospace Ground Equipment (AGE) Mechanic

Main Responsibilities: Maintaining, servicing, and repairing AGE equipment.

Civilian Career: Grain marketing specialist & commodities broker.

Education: Bethany College

Military Experience: 4 years.

Hobbies & Activities: Tennis, remodeling house and poker.

Goals & Ambitions: Become a 7-level and advancement in civilian employment.

Most Memorable 190th Moment: Stopped at gunpoint in bobtail by Turkish MP's during their exercise while deployed to Incirlik, Turkey.

~ DINING OUT RULES OF ENGAGEMENT ~

Everyone attending the 190th Dining Out on March 6, 2010, can look forward to a very enjoyable evening. Should, by some unfortunate circumstance, an infraction of the "Rules of The Mess" happen to occur, here are some helpful hints to make your voyage to the Grog a bit more pleasant.

Upon direction from the President, members of the Mess who have violated any of the rules of the Mess must complete the following:

Uniform / Dress

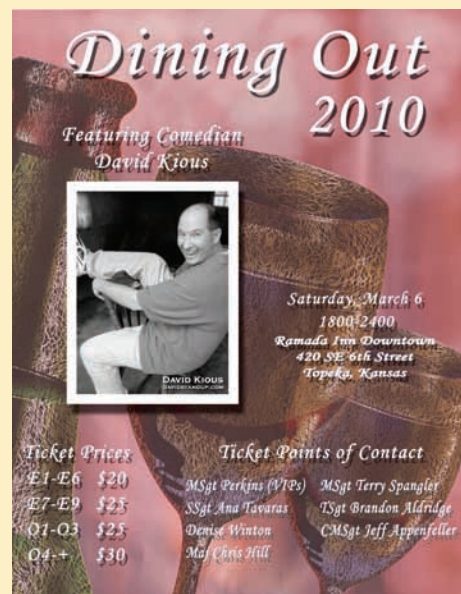
Mess Dress

or

Semi-Formal

(Service coat, white shirt [not button down collar], blue tie/tab, no nametag, no hat)

1. Post themselves in front of the Grog Bowl facing the head table and then salute the head table.
2. Do an about face, grab a cup, and fill to the level of prescribed punishment with Grog.
3. Do another about face, raise cup and toast "TO THE MESS," then drink the entire contents.
4. Then turn the cup upside-down above your head in full view of the Mess.
5. Do an about face and return the cup to the table.
6. Do another about face, salute the head table and return in silence to your seat.



For Your Information

Enlisted Promotions

SrA

Benjamin Hanke, MXS



SSgt

Daniel Berends, MXS
Brandon Terhune, CES



TSgt

Jessica Miles, FSS
Emily alley, HQ



MSgt

Doug LaTessa, ARW
Lonie Reed, MXG
Clark Cook, LRS
Michael Sinkhorn, LRS
Jeffrey Norling, MDG
Collin Kelley, WEA



SMSgt

Timothy Graves, ARW
Richard Smith, ARW



Have News to Share?

Unit members are encouraged to submit ideas or stories to the Public Affairs office. Please contact us at (785) 861-4197 or via email at 190arw.pa@ang.af.mil.

Retirements

Maj James Findley, 117 ARS
Retirement Date: 1 Jan 2010

CMSgt James Steele, SFS
Retirement Date: 1 Feb 2010

SMSgt William Mukes, FSS
Retirement Date: 1 March 2010



There will be a Wing Commander's Call on Saturday, 6 March at 0800. Family members are invited to attend.

All Master Sergeants, Senior Master Sergeants and Chief Master Sergeants are invited to stay following the Commander's Call for a short presentation by State Command Chief Master Sgt. Dave Rodriguez.

Appointments/Enlistments

Maj Sherry K. Barnes, HQ
Appointment Date: 9 Nov 09

2nd Lt Bradley S. Rees, MDG
Appointment Date: 8 Jan 10

2nd Lt Eric D. Long, MDG
Appointment Date: 9 Jan 10

TSgt Kelly E. Loftus, MDG
Enlistment Date: 6 Nov 09

A1C Camrey Y. Gayer, ARW
Enlistment Date: 10 Nov 09

A1C Joshua D. Sams, MXS
Enlistment Date: 21 Dec 09

A1C Aaron S. Gardiner, CES
Enlistment Date: 21 Jan 10

A1C Ashley N. Holz, HQ
Enlistment Date: 21 Jan 10

AB Jordan J. Long, CES
Enlistment Date: 9 Jan 10

190 ARW Officer Vacancy Health Services Administrator

Officer Package consists of:

- Resume
- College transcripts
- Record rip (if currently in military)
- AFOQT scores
- Current fitness report
- Copy of GMAT or GRE score (if one of these tests has already been taken)
- One page essay answering:
 - 1) "Why do I desire to become a Medical Service Corps (MSC) Officer?"
 - 2) "What do I have to offer the AF/ANG Medical Service?"

Faxed packages will be accepted.
Fax Number: (785) 861-4515
Please contact Lt. Col.
Stevens at (785) 861-4569 or
timothy.stevens.1@ang.af.mil if
you have questions.

The 190th Medical Group has a traditional officer vacancy for a *Health Services Administrator, AFSC 41A3*. For entry into this specialty, one of the following graduate or undergraduate degrees is required:

-Health Care Administration, Hospital Administration, Public Administration, Business Administration, Business Management, Information Systems Management, Finance, Accounting, Statistics, Marketing, Economics, Computer Science, Information Systems, Clinical or Health Systems Engineering, Operations Research, or other business-related equivalent.

Maximum age for initial appointment is less than 47 years old.

If you are interested, submit your package to 190th MDG/SGA, Lt. Col. Tim Stevens by close of business on April 11, 2010.

Coyote Cafe March 21/2A Menu



6 March

Boxed Lunches

(Issued at uke tunnel, Hangar 662)

7 March

Boxed Lunches

(Issued at uke tunnel, Hangar 662)

Squadrons picking up multiple boxed lunches will be served from 1030 - 1100. Individuals will be served from 1100 - 1200.

Hotel of the Month

Singles - Capitol Plaza

Singles pay - Ramada Inn

Doubles - Holidome/Comfort Inn

Friday night - Hyatt Place

All reservation requests must be submitted to FSS by 1000 on Saturday of the UTA.

Coyote Heritage



Lt. Col. Dave Render stands next to a RB-57 during a cold spring day in May 1972. In a few moments, he would take the controls of the old jet for the last time, as ten of the jets were transferred to Aberdeen Proving Ground for a destruction-testing program, while the rest of them were transferred to Davis-Monthan AFB.

It was a sad day for the 190th, because the pilots and navigators knew the jets' every move, while the crew chiefs and maintenance men knew them down to the last bolt. It had been fourteen years since the RBs were assigned to the 117th. While many of the people had changed, the unit moved from Hutchinson to Topeka five years earlier, and even the name of the unit had changed, the RBs had remained the same.

Shown here is an A-Model. Note the lower clear nose piece where one of the cameras was housed while in flight. On the right wing, was the small nose cone of the cartridge starter. This was the only way which the B-57 could be started, by inserting a black power (in the early models) cartridge, which emitted a large amount of black smoke while revving the engine with enough RPMs to start.



Please record your story and send it to the historian's office at: 190th Historian, 5920 SE Coyote Dr., Topeka, KS 66619-5370.



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**Moving? Don't forget to update your address:
Military Members: visit vMPF to update your address.
Retirees & Civilians: email 190ARW.PA.CoyoteLog@ang.af.mil. Please allow 2-3 months for updates to reflect on your log.**

To The Coyote Family of:





HOMETOWN HEROES SALUTE



The 190th Air Refueling Wing will hold its first Hometown Heroes Salute ceremony honoring 432 Airman and their families at Forbes Field Hanger 662, Topeka, Kansas on the 1st of May, 2010. The event will begin at 0800 and end by 1000.

In August 2008, General Craig R. McKinley, Chief of the National Guard Bureau, sanctioned the Air National Guard Hometown Heroes Salute recognition program. The purpose of this program is to celebrate and honor the significant contribution of its Airman, families and communities and those special supporters to the mission of the U.S. Air Force and the Air National Guard.

The Airman being recognized in this ceremony will include those who have deployed for more than 30 consecutive days in support of Operation Enduring Freedom, Iraqi Freedom, Noble Eagle and other peacekeeping operations across the globe since 9/11 through December 31, 2008.

The Airman will receive a framed letter from General McKinley containing the Hometown heroes salute coin. The spouse/significant other will receive an engraved pen/pencil set and the Airman's children will be presented unique Hometown Heroes Salute dog tags. Finally each Airman will receive a special center of influence medallion to present to someone of their choosing. It is given for outstanding support to the Airman and their family during deployment.

The 190th Air Refueling Wing will be sending personal invitations to unit members and retirees who will be honored at the Hometown Heroes Salute ceremony. For additional information please visit, <https://airguard.ang.af.mil/hometownheroessalute>

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190th Air Refueling Wing



**Framed Hometown
Heroes Salute Coin with
Letter of Appreciation
signed by the CNGB and
ANG CCM.**



**Spouse/Significant
other pen/pencil set**



**Unique Hometown
Heroes Salute dog
tags to each child.**



**Center of
influence
Hometow
n Heroes
Salute
Medallion**



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AIR NATIONAL GUARD
Now More Than Ever

CITIZEN • AIRMAN • HERITAGE

INTEGRITY • SERVICE • EXCELLENCE

